

ZUMBA TONING

Fall 2020
Session I

Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with regular Zumba moves to create a calorie-torching, strength-training dance fitness party. Using Zumba sticks or light weight dumbbells, you'll work every muscle group while you groove. In a very short period of time, this workout will help you build coordination, muscular strength and reshape your body. This exciting breakthrough workout is designed to offer you a safe and yet very effective total body sculpting workout. It is like a 2 X 1 deal!

Who: Adults Only
Monroe Twp. Residents Only

Where: Veteran's Park Pavilion
61 Avenue K Monroe Twp., NJ 08831

When: Fridays
October 2, 9, 16, 23, 30, November 6

Time: Fridays 9:00am—10:00am

Fee: \$35
Registration can be done online only at register.communitypass.net/monroetownship



**** The Recreation Department will be enforcing strict social distancing guidelines. Registrants MUST remain at least 6 feet apart and bring their own weights and mats to class. The Recreation Department will not provide any equipment. Thank you! ****
Masks must be worn for entrance & exit to class!!

Instructor: Pauline Choi



Register online only at
register.communitypass.net/monroetownship
Payable by credit or debit card only

Any questions, please contact: Monroe Rec. Center 732-723-5000

Photo Policy—By registering you/your child you give permission for photos to be taken that may be used by the township or invited media. If you do not wish you/your child to be included in such photographs, you must submit this request in writing with your registration.